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| --- | --- | --- | --- | --- |
| **MONDAY 3, 2020**  **3 oz. Breaded Baked Cod**  **1/2c Scalloped Potatoes**  **1/2c Mixed Veggies**  **1 Roll w/ 1 tsp. Margarine**  **1 Banana** | **TUESDAY 4, 2020**  **3 oz. Pepper Steak**  **½c Baked Potato**  **1/2c Broccoli & Cauliflower**  **w/ 1 oz. Cheese Sauce**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Pears in 1/2c Jello** | **WEDNESDAY 5, 2020**  **Red Chile Beef Enchiladas**  **(3 oz. Beef, 1/4c Red Chile,**  **2 Corn Tortillas)**  **1/2c Pinto Beans**  **1/2c Salsa Corn**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1/2c Cinnamon Spiced Apples** | **THURSDAY 6, 2020**  **3 oz. Chicken Fried Chicken**  **1/2c Garlic Mashed Potatoes**  **1/2c Asparagus**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Chilled Plums** | **FRIDAY 7, 2020**  **Cheese Tortellini**  **(1 oz. Cheese, 2 oz. Meaty Marinara Sauce, 1/2c Pasta)**  **1/2c Italian Veggies**  **1/2c Cucumber & Tomato Salad**  **1 sl. Garlic Bread**  **1/2c SF Ice Cream** |
| **MONDAY 10, 2020**  **3 oz. Swedish Meatballs**  **over 1/2c Egg Noodles**  **1/2c Buttered Peas**  **1/2c Spinach Salad w/**  **2T Low Fat Dressing**  **1 sl. Garlic Bread**  **1/2c SF Tapioca Pudding** | **TUESDAY 11, 2020**  **Beef Tostada**  **(3 oz. Beef, 1 oz. Cheese,**  **1/2c Lettuce & Tomato,**  **1 oz. Salsa,**  **2 Corn Tortillas)**  **1/2c Refried Beans**  **1/2c Mexicorn**  **1/2c Spinach Salad w/**  **2T Low Fat Dressing**  **1 Fresh Apple** | **WEDNESDAY 12, 2020**  **Cobb Salad with**  **(2 oz. Chicken, 1 oz. Bacon, 1 Hard Boiled Egg,**  **1oz. Cheese, 1c Lettuce & Tomato,**  **2T Low Fat Dressing)**  **1 Breadstick w/ 1 tsp. Margarine**  **1 Brownie** | **THURSDAY 13, 2020**  **Beef Burrito Supreme**  **(3 oz. Beef, 1 oz. Cheese, 1/4c Green, Chile, 1 Tortilla)**  **1/2c Lettuce & Tomato**  **1/2c Spanish Rice**  **1/2c Calabacitas**  **1/2c Fresh Grapes** | **FRIDAY 14, 2020**  **Chicken & Rice Casserole**  **(3 oz. Chicken, 1 oz. Sauce,**  **1/2c Rice)**  **1/2c Peas & Carrots**  **1c Tossed Salad w/**  **2T Low Fat Dressing**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Applesauce** |
| **MONDAY 17, 2020**  **3 oz. Low Sodium Polish Sausage**  **1/2c Sauerkraut**  **1/2c Parsley Potato**  **1/2c Buttered Carrots**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Tropical Fruit** | **TUESDAY 18, 2020**  **Chicken Fettuccini**  **(3 oz. Chicken, 1 oz. Alfredo Sauce, 1/2c Noodles)**  **1c Cauliflower & Broccoli**  **1 sl. Garlic Bread**  **1/2c Bananas in 1/2c Pudding** | **WEDNESDAY 19, 2020**  **4 oz. Sweet & Sour Pork**  **1/2c Brown Rice**  **1c Asian Veggies**  **1 Egg Roll**  **1/2c Fresh Strawberries** | **THURSDAY 20, 2020**  **Beef Fajita**  **(3 oz. Beef, 1/2c Peppers & Onions, 1 Tortilla)**  **1/2c Fajita Veggies**  **1/2c Pinto Beans**  **1 oz. Salsa**  **1/2c Mixed Fruit** | **FRIDAY 21, 2020**  **Fish Sandwich**  **(3 oz. Fish, 2T Tartar Sauce,**  **1 Bun)**  **1/2c Coleslaw**  **1/2c Mixed Veggies**  **1 Hushpuppy**  **1/2c Peaches in 1/2c Cottage Cheese** |
| **MONDAY 24, 2020**  **3 oz. Baked Chicken**  **W/ 1 oz. Mushroom Sauce**  **1/2c Rice Pilaf**  **1c Corn & Green Beans**  **1 Roll w/ 1 tsp. Margarine**  **1/2c SF Chocolate Pudding** | **TUESDAY 25, 2019**  **3 oz. Salisbury Steak w/**  **1oz. Low Sodium Brown Gravy**  **1/2c Mashed Potatoes**  **1/2c Asparagus**  **1 Roll w/ 1 tsp. Margarine**  **3/4c Fresh Cantaloupe** | **WEDNESDAY 26, 2020**  **3oz Low Sodium Baked Ham**  **with 1 oz. Pineapple**  **1c Yams**  **1/2c Vegetable Medley**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Pineapple Tidbits** | **THURSDAY 27, 2020**  **3 oz. Teriyaki Chicken**  **1/2c Fried Rice**  **1c Asian Veggies**  **1 Roll w/ 1 tsp. Margarine**  **1/2c Mandarin Oranges**  **1 Fortune Cookie** | **FRIDAY 28, 2020**  **1/2c Tuna Salad**  **1/2c Coleslaw**  **1/2c Cold Peas**  **6 Crackers**  **1 Chocolate Chip Cookie** |
| **MONDAY 31, 2020**  **Chile Relleno**  **(1 oz. Cheese, 3 oz. Green Chile,**  **2 oz. Green Chile Meat Sauce,**  **1 oz. Breading)**  **1/2c Black Beans**  **1c 5 Way Veggies**  **1 Tortilla**  **1/2c Chilled Apricots** |  |  |  | **All Meals Served With 8 oz.**  **2% Low-Fat Milk** |

***Nutrient Table***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **5** | **Days in Week:**  **1** |
| Calories | 700 or more | 737.5 | 784.1 | 720.6 | 718.3 | 770.2 |
| % Carbohydrates from Calories | 45-55% | 48.1% | 47.1% | 47.4% | 50% | 49% |
| % Protein from Calories | 15-25% | 23.4% | 25.8% | 23.9% | 21.7% | 23.7% |
| % Fat from Calories | 25-35% | 28.4% | 27.1% | 28.7% | 28.3% | 27.3% |
| Saturated Fat | less than 8g | 7.9g | 7.8g | 6.3g | 5.7g | 7.6g |
| Fiber | 10g or more | 13.4g | 11.2g | 11.8g | 10.1g | 20.8g |
| Vitamin B-12 | .8ug or more | 2.6ug | 3ug | 1.9ug | 2.1ug | 2.9ug |
| Vitamin A | 300ug RAE or more | 512.9ug | 851.3ug | 551.4ug | 420.6ug | 825.9ug |
| Vitamin C | 30mg or more | 49.4mg | 57.6mg | 73.2mg | 58.5mg | 227.2mg |
| Iron | 2.6mg or more | 5.2mg | 7.5mg | 4.7mg | 4.9mg | 7.8mg |
| Calcium | 400mg or more | 583.5mg | 597.4mg | 456.5mg | 406.3mg | 553.5mg |
| Sodium | less than 766mg | 584.9mg | 652.3mg | 713.6mg | 709.9mg | 637.6mg |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, Fiber and Sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

Jennifer Pas, RD, LD